

JANUARY 2026

MIDDLE SCHOOL MENU



PRAIRIE KNOLLS
MIDDLE SCHOOL



CENTRAL
MIDDLE SCHOOL

MON	TUE	WED	THU	FRI
5	6	7	8	9
NO SCHOOL	Pancakes w/ Sausage and Yogurt Hashbrown Juice Box Peaches	Cheese Bosco Stick w/Marinara Green Beans Carroteenies Applesauce	Quesadilla - Cheese or Chicken w/Sour Cream and Salsa Pinto Beans Garden Salad w/Tomato Pear	Cheeseburger or Hamburger Lettuce & Tomato Wedge Potatoes Orange
12	13	14	15	16
Chicken Nuggets or Buffalo Garlic Chicken Nuggets Carroteenies ½ Baked Potato Apple	Pasta W/ Meat Sauce or Pasta W/Marinara Sauce & Cheese Sticks Garlic Bread Roasted Zucchini Celery Pears	Cheese Round Pizza or Pepperoni Round Pizza Sweet Pepper Tray Green Beans Applesauce	Breakfast Sandwiches: Bagel w/Egg, Cheese & Sausage or Bagel w/Egg & Cheese Hashbrown Juice Box Orange	Hot Dog or Mozzarella Sticks Vegetarian Beans Broccoli Florets Peaches
19	20	21	22	23
NO SCHOOL	Orange Chicken W/Rice Steamed Broccoli Carroteenies Pears	Pepperoni Slice Pizza or Cheese Slice Pizza Roasted Cauliflower Celery Peaches	Chicken Tacos/Fajitas or Black Bean Tacos Spanish Rice Fiesta Beans Lettuce & Tomatoes Orange	Mac and Cheese or BBQ Rib Sandwich Green Beans Cucumber & Tomato Tray Apple
26	27	28	29	30
Mashed Potato Bowl W/ Breaded Chicken Or Grilled Chicken Green Beans Celery Pears	French Toast Sticks W/ Sausage And 4oz Yogurt Or 8 Oz Yogurt Hashbrown Juice Box Peaches	Pepperoni French Bread Pizza or Cheese French Bread Pizza Roasted Zucchini Cucumber & Tomato Tray Apple Blueberries	BBQ Chicken Sandwich And Pretzel Rod Steamed Broccoli Garden Salad Grapes	Chicken Burrito Bowl or Bean Burrito Bowl Pinto Beans Carroteenies Orange

Offered Daily as Meat/Meat Alternative:

Ham & Cheese Sandwich
Turkey & Cheese Sandwich
Plain or Spicy Breaded or Grilled Chicken & Cheese Wraps
Plain or Spicy Breaded or Grilled Chicken & Cheese Salads
Uncrustables, Grape or Strawberry
Vegetarian Bento Boxes
8 oz Yogurt

Offered Daily Fruit, Vegetable
Assorted Fresh & Roasted/Steamed Vegetables
Assorted Fresh Fruit, Fruit Cup or Fruit Juice Box

Offered Daily Milk: 1 % Low-Fat White Milk or Fat Free Chocolate Milk

Menu Subject to Change

Lunch Prices:
Student: \$3.40
Reduced: \$.40
Adult Lunch: \$4.05
Milk: \$.40

MY
SCHOOL
BUCKS